

PDHPE HIGHER SCHOOL CERTIFICATE (HSC) CORE 1 PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What is an outcome of implementing the Five Ways to Wellbeing?**
 - A. Decrease in physical activity levels
 - B. Increased mental resilience and well-being
 - C. Reduction of community services
 - D. Isolation from social networks
- 2. Which of the following best represents the concept of "health for all" in public health policy?**
 - A. Access to healthcare only for the wealthy
 - B. Universal health coverage initiatives
 - C. Policies focusing on disease treatment
 - D. Restricting healthcare services to urban areas
- 3. What is a common goal of health promotion strategies in Australia?**
 - A. Improve marketing strategies of health products
 - B. Encourage healthy behaviors and lifestyle changes
 - C. Focus primarily on pharmaceutical solutions
 - D. Limit public health funding
- 4. In the context of health, what does 'social justice' refer to?**
 - A. Equal access to healthcare for all individuals
 - B. The equitable distribution of health resources and opportunities for all individuals
 - C. Maximizing government funding for health services
 - D. Providing free healthcare to low-income families
- 5. What percentage of the population lives in rural and remote areas?**
 - A. 20%
 - B. 34%
 - C. 50%
 - D. 70%

- 6. Which is a strategy to reduce health disparities in communities?**
- A. Implementing targeted health education programs.
 - B. Encouraging fewer healthcare resources.
 - C. Reducing access to health services.
 - D. Limiting health information dissemination.
- 7. Why might chronic stress be detrimental to physical health?**
- A. It encourages relaxation and mindfulness
 - B. It can lead to decreased physical activity
 - C. It promotes a balanced lifestyle
 - D. It has no impact on physical health
- 8. Which of the following is a successful health campaign in Australia?**
- A. The "Drink Water" campaign
 - B. The "Slip Slop Slap" sunscreen campaign
 - C. The "Say No to Vaping" campaign
 - D. The "Healthy Eating Guide" initiative
- 9. What aspect of health do Aboriginal and Torres Strait Islander (ATSI) populations show compared to non-ATSI populations?**
- A. Higher life expectancy
 - B. Lower rates of disease
 - C. Lower life expectancy
 - D. Better health outcomes
- 10. How can peer groups influence health behaviors?**
- A. By promoting unhealthy lifestyle choices
 - B. Through financial incentives
 - C. By establishing social norms and support
 - D. Using coercion to force healthy choices

Answers

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1. B
2. B
3. B
4. B
5. B
6. A
7. B
8. B
9. C
10. C

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Explanations

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1. What is an outcome of implementing the Five Ways to Wellbeing?

- A. Decrease in physical activity levels
- B. Increased mental resilience and well-being**
- C. Reduction of community services
- D. Isolation from social networks

Implementing the Five Ways to Wellbeing is designed to enhance individual and community health by promoting positive mental health practices. The Five Ways to Wellbeing include connecting with others, being active, taking notice, keeping learning, and giving. When these practices are actively engaged, individuals often experience an increase in mental resilience and overall well-being. This increase stems from building supportive social networks, enhancing physical activity which contributes to mental health, and fostering a sense of purpose and belonging. All these elements work synergistically to improve how individuals cope with life's challenges, ultimately leading to better mental health outcomes. This approach highlights the importance of positive psychological practices in promoting well-being, contrasting sharply with outcomes that might involve decreased engagement or isolation. Such negative outcomes would undermine the objectives of the Five Ways to Wellbeing, which are fundamentally about enhancing connections and resilience within communities.

2. Which of the following best represents the concept of "health for all" in public health policy?

- A. Access to healthcare only for the wealthy
- B. Universal health coverage initiatives**
- C. Policies focusing on disease treatment
- D. Restricting healthcare services to urban areas

The concept of "health for all" in public health policy emphasizes the importance of making health services accessible and available to everyone, irrespective of their socio-economic status, location, or any other barriers. Universal health coverage initiatives embody this principle by striving to ensure that all individuals receive essential health services without facing financial hardship. This approach prioritizes inclusivity, equity, and the need for comprehensive care, aiming to improve population health as a whole. In contrast, access to healthcare only for the wealthy fails to uphold the universal aspect of health for all, as it limits access based on economic standing. Policies focusing solely on disease treatment often neglect the broader determinants of health and do not promote a preventive or holistic approach essential for comprehensive health coverage. Additionally, restricting healthcare services to urban areas disproportionately affects rural populations, undermining the effort to achieve equitable access to health services. Therefore, universal health coverage initiatives align most closely with the goal of ensuring health for everyone in society.

3. What is a common goal of health promotion strategies in Australia?

- A. Improve marketing strategies of health products
- B. Encourage healthy behaviors and lifestyle changes**
- C. Focus primarily on pharmaceutical solutions
- D. Limit public health funding

Encouraging healthy behaviors and lifestyle changes is a foundational aim of health promotion strategies in Australia. These strategies are designed to empower individuals and communities to take control of their health by incorporating healthier choices into their daily lives. This includes a wide range of initiatives such as educational campaigns, community events, and resources that foster understanding and motivation around nutrition, physical activity, mental well-being, and preventive health measures. In contrast, improving marketing strategies of health products does not characterize the primary focus of health promotion, as the goal is not to enhance commercial interests but rather to promote overall public health. Focusing primarily on pharmaceutical solutions neglects the comprehensive approach needed in health promotion, which emphasizes prevention and well-being rather than just medical treatment. Lastly, limiting public health funding clearly runs counter to the goals of health promotion, which relies on adequate resources and support to implement effective community health initiatives. Thus, promoting healthy behaviors and lifestyle changes is the most aligned with the objectives of health promotion in Australia.

4. In the context of health, what does 'social justice' refer to?

- A. Equal access to healthcare for all individuals
- B. The equitable distribution of health resources and opportunities for all individuals**
- C. Maximizing government funding for health services
- D. Providing free healthcare to low-income families

In the context of health, 'social justice' primarily refers to the equitable distribution of health resources and opportunities for all individuals. This concept emphasizes that all people should have access to the conditions necessary for good health, which includes not just healthcare services but also the social and environmental factors that influence health outcomes. Social justice seeks to address health disparities that occur due to social determinants such as socioeconomic status, education, and geographic location. This means ensuring that marginalized or disadvantaged groups receive fair treatment and that their specific needs are taken into consideration when health resources are allocated. The aim is to promote fairness and equality in health opportunities so that everyone can achieve the highest possible standard of health, regardless of their background. While equal access to healthcare and providing free healthcare to low-income families are important components of health equity, they are aspects of the broader idea of social justice. Focusing solely on government funding for health services does not capture the comprehensive nature of social justice, which seeks systemic changes that address root causes of health inequity.

5. What percentage of the population lives in rural and remote areas?

- A. 20%
- B. 34%**
- C. 50%
- D. 70%

The correct percentage of the population that lives in rural and remote areas is 34%. This figure represents a significant portion of the population residing outside urban centers, capturing those in both rural communities and more distant regional locations. Understanding this statistic is important in public health and education, as it can influence the allocation of resources, development of health services, and create awareness about the unique challenges faced by these populations. The percentages typically reflect broader trends in demographics and urbanization, emphasizing the importance of considering rural and remote communities in health and policy planning. By grasping this data, students can better appreciate the distribution of resources and the impact of geography on health and well-being.

6. Which is a strategy to reduce health disparities in communities?

- A. Implementing targeted health education programs.**
- B. Encouraging fewer healthcare resources.
- C. Reducing access to health services.
- D. Limiting health information dissemination.

Implementing targeted health education programs directly addresses the root causes of health disparities by equipping individuals and communities with the knowledge and skills necessary for making informed health decisions. These programs can be tailored to meet the specific needs of different communities, taking into account cultural, socioeconomic, and geographic factors that may influence health outcomes. By focusing on education, these initiatives can empower individuals to engage in healthier behaviors, recognize health issues earlier, and improve overall community health. This approach contrasts sharply with the other options, which would likely exacerbate health disparities rather than reduce them. Encouraging fewer healthcare resources would lead to decreased availability of services and support, making it more difficult for underserved populations to access necessary healthcare. Reducing access to health services outright would negatively impact those who already face barriers to receiving care. Limiting health information dissemination would ensure that individuals remain uninformed about health issues, further widening existing gaps in knowledge and access to care. Thus, targeted health education programs serve as a crucial strategy in promoting equity and improving health outcomes across diverse communities.

7. Why might chronic stress be detrimental to physical health?

- A. It encourages relaxation and mindfulness
- B. It can lead to decreased physical activity**
- C. It promotes a balanced lifestyle
- D. It has no impact on physical health

Chronic stress has been shown to adversely affect physical health in multiple ways, and one significant aspect is its potential to lead to decreased physical activity. When an individual experiences prolonged stress, the body's response often includes fatigue, anxiety, and lack of motivation, which can result in a more sedentary lifestyle. Engaging in regular physical activity is important for maintaining physical health; it helps reduce the risk of chronic conditions, improves cardiovascular fitness, and supports mental well-being. As stress levels rise, individuals may find themselves less inclined to participate in exercise or other physical activities they once enjoyed, which can contribute to weight gain, muscle atrophy, and other health issues. Additionally, chronic stress can disrupt sleep patterns and increase feelings of overwhelm, further reducing motivation to stay active. Understanding the link between chronic stress and decreased physical activity underscores the importance of managing stress through effective coping mechanisms.

8. Which of the following is a successful health campaign in Australia?

- A. The "Drink Water" campaign
- B. The "Slip Slop Slap" sunscreen campaign**
- C. The "Say No to Vaping" campaign
- D. The "Healthy Eating Guide" initiative

The "Slip Slop Slap" sunscreen campaign is recognized as a successful health initiative in Australia primarily because it effectively raised awareness about the dangers of sun exposure and the importance of sun protection. Launched in the 1980s, this campaign promoted three key messages: to slip on a shirt, slop on sunscreen, and slap on a hat. It has been instrumental in changing public attitudes toward sun safety, leading to a significant reduction in the incidence of skin cancer, particularly among Australians who are at a high risk due to the country's high UV radiation levels. The campaign's success is also evidenced by its lasting impact on Australian culture, as sun protection became ingrained in outdoor and lifestyle habits. The memorable slogan and easy-to-remember actions made it accessible and engaging for the general public, further enhancing its reach and influence on sun safety practices across diverse demographics. While other options do reflect important health issues and campaigns, none have matched the historical success and cultural significance of the "Slip Slop Slap" campaign in promoting sun safety in Australia.

9. What aspect of health do Aboriginal and Torres Strait Islander (ATSI) populations show compared to non-ATSI populations?

- A. Higher life expectancy
- B. Lower rates of disease
- C. Lower life expectancy**
- D. Better health outcomes

Aboriginal and Torres Strait Islander populations experience lower life expectancy compared to non-Indigenous populations. This disparity is attributed to a range of factors, including socioeconomic challenges, access to healthcare, the impact of colonization, cultural disconnection, and higher rates of chronic diseases such as diabetes, heart disease, and respiratory conditions. The statistics consistently show that on average, ATSI individuals have a shorter life span, reflecting ongoing health disadvantages and systemic inequities in healthcare access and quality. This understanding is crucial for addressing the health needs and improving outcomes for these communities, emphasizing the importance of culturally appropriate healthcare services and policies aimed at reducing this gap.

10. How can peer groups influence health behaviors?

- A. By promoting unhealthy lifestyle choices
- B. Through financial incentives
- C. By establishing social norms and support**
- D. Using coercion to force healthy choices

Peer groups significantly influence health behaviors primarily by establishing social norms and providing support. When individuals are part of a peer group, they often look to one another for cues on acceptable behaviors and attitudes, particularly regarding health. For example, if a peer group values physical fitness and healthy eating, its members are likely to adopt these behaviors in order to fit in and gain acceptance. Additionally, peer groups can create an environment where healthy behaviors are encouraged and reinforced through social support. This might include group activities like exercising together or sharing healthy meal ideas, which can foster a sense of camaraderie and motivate individuals to adopt similar healthy habits. In contrast, promoting unhealthy lifestyle choices or using coercion do not facilitate the same supportive environment that typically leads to beneficial health behaviors. Financial incentives can influence behavior in certain circumstances but are less effective than the intrinsic motivation driven by social connections and norms found within peer groups. Therefore, the ability of peer groups to establish positive norms and provide support is a key factor in shaping individual health behaviors.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://pdhpehscore1.examzify.com>

We wish you the very best on your exam journey. You've got this!

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